

MAY 2020 NEWSLETTER



Pastor's Corner

A couple of days ago I received an unexpected phone call from a dear colleague. We don't often talk by phone, so I was curious about the call. "Oh, I just listened to a UCC video on self-care, so wanted to touch base with a soul friend," she said. It was 'pandemic-specific.' Grateful to hear her voice, I also recognized a self-care reminder, something that first got my attention when another clergy friend shared about her partner inviting her to learn something new and cool ... "*no more learning!*" my friend instantly countered (and it wasn't even about computers, zoom, or 'church'). I get it.

The odd thing is we're pretty much stuck at home. There's a fair amount we can do for ourselves. 'Self-care' can even sound 'self-ish.' Don't go there. Personally, I'm waking up to an understanding that, *in this particular time*, self-care may mean things I've never considered. Someone in the video mentioned how, for her, self-care evolved because she 'finally decided to start paying attention.' To what her body was saying, her thoughts, her soul. Others mentioned self-care relating to friends, or cooking... and I'm still working on this. Appreciating how it relates to care of others, too. And slowing down. Maybe I'll glimpse the new fawn in the neighborhood.

Connection is surely a part of self-care. Creatures, earth, persons. I am grateful for those of you making a point to show up for 'zoom' gatherings. Thank you. I was glad to see a '**zoom invitation**' shared — all welcome! ('church person' or not). And if others want to receive the invitations, they can simply email me to be added to the "In the Loop" email list. **For Sundays:** the plan is for a mix of services - some written, some zoom, some zoom-with break-out rooms for discussion, and of course coffee/tea time. Because screen time like this can be tiring, my goal is to not overdo that aspect, e.g., a zoom service would be shorter, as well as coffee time. Also, we'll have guest services and/or preachers occasionally.

The many ways we care for each other and others across the island and our world, reflects that, indeed, we are at once blessed and blessing. You are in my prayers, with love and gratitude always — Sally

CHURCH COUNCIL MEETING, May 3 at 11:00 am - This will be a zoom Council meeting; everyone is welcome to join in. Contact Sally to get on the meeting list and she can guide you through the process if you need assistance.

PLEDGES AND DONATIONS - A HUGE THANK YOU to those of you who responded this past month to our request for donations and pledges for 2020.



**FOOD
PANTRY**

COMMUNITY CHURCH FOOD PANTRY- Due to covid-19, the Red Bag/Simple Gesture food donation program is on hold. In the meantime, the church is opening a simple local food pantry with an emphasis on staples. To donate supplies call Connie Snell at 360-708-3589 or Julie Pingree at 360-293-2269 for information. To send a check for pantry supplies, make the check out to the Guemes Church and enter "community outreach" in the bottom left memo

line. Mail your check to Guemes Church, 7611 Guemes Island Road, Anacortes WA 98221. This will be the second community food pantry to open, following Jessica Lynch's inspiring pantry in Holiday Hideaway. It would be wonderful to see neighbors helping neighbors in other Guemes neighborhoods, as well.

COMMUNITY CHURCH FOOD BOX - Call Connie or Julie at the above numbers for a standard box of staple foods, free of charge. You can arrange to pick it up at the church or have it delivered to your home at a designated time. All calls are strictly confidential.



The Guemes Firefighters Association has decided to cancel its annual Memorial Day pancake breakfast due to the continued need for social distancing, concerns about food handling and the Covid-19 virus. Donations to the association can be mailed to the fire hall at 6310 Guemes Island Road, Anacortes, WA 98221.

ANOTHER PREVIEW FROM THE *PLANNING A GOOD DEATH SERIES*

Here are a few steps you can take right now, as sheltering in place gives you time to do those tasks that you may have postponed:



- Organize all documents (wills, deeds, powers of attorney, insurance policies, bank accounts, etc.) and put them in one place. Tell someone where they are.
 - Update accounts that need designated beneficiaries. It is not uncommon for folks to forget this critical step, especially when relationships change.
 - Update your chosen Health Care Document, such as *The Five Wishes*.
- Renew or complete a financial Power of Attorney.
 - Make it easy to locate your accounts by consolidating income & automatic payments in one place. Useful if you are hospitalized; the average length of stay with covid-19 is 10-13 days.
 - Share your passwords with one trusted person.
 - Discuss your decisions with loved ones ASAP.

Some Questions To Ponder During This Time Of Quarantine And Afterward:

What am I grateful for today?

Who am I connecting with today?

What expectations of "normal" am I letting go of today?

How am I getting outdoors today?

How am I moving my body today?

What beauty am I creating, cultivating or inviting in today?



Note: If you have program ideas for the larger Guemes community, call Connie Snell, 360-708-3589 or email her at conniemsnell@gmail.com. Also, contact Connie if you'd like to reserve the church facilities for group or personal events. **There is no fee for using church facilities; however, donations are much appreciated.** If you would like to be added to the newsletter contact list, email Lynn Prewitt at redhouselynn@gmail.com.